



We have suggested breakfast, but you can enjoy this savory smoothie at any time of the day!

## Timing

Prep time	Total time	Skill level
5 minutes	10 minutes	Easy

## What You'll Need

- > ½ ripe avocado, peeled and pitted
- > ½ cup chicken or vegetable broth
- > ½ Red Sun Farms Roma Tomato
- > ½ cup whole milk or coconut milk
- > 1 tbsp lime juice
- > 1 scoop unsweetened, unflavored protein powder (whey, rice, fermented soy or egg – optional)
- > ¼ cup white onion pieces (about 1 inch in size)
- > 1 tbsp fresh cilantro

› Sea salt and black pepper to taste

## **Directions**

Place all ingredients into a blender and blend until smooth. Serve immediately.